

28<sup>th</sup> ANNUAL "FOREST OF NEEDWOOD"  
"Jennifer Shafer Odom Memorial Run"  
5 Mile Road Race  
SATURDAY MARCH 20TH, 2010

Sponsors: Brunswick Area Rec. Council / Frederick Steeplechasers / Express Running Club  
LEE ZUMBACH RACE DIRECTOR 301-834-8045

Date & Time: Saturday March 20<sup>th</sup>, 1 pm start

Location: St. Mary Catholic Church, Petersville, MD 21758  
From Frederick: Take 340 west to Rt. 180 exit  
Turn left onto Rt. 180 Turn right onto Catholic Church Road

Course Description: 5 mi. Loop, rolling hills on paved roads

Course Records: Male: Tom Nave 25:52 (1989)  
Female: Laura Nelson 29:48 (1995)

Registration: Early Registration: \$18 (postmarked by March 15<sup>th</sup>)  
Race Day: \$20 (11:00 am – 12:30 pm)  
Youth 18 & Under: \$10 (early) \$12 (race day)

Awards: 1<sup>st</sup> & 2<sup>nd</sup> Place Trophy Male / Female  
1<sup>st</sup> & 2<sup>nd</sup> Place Trophy Male / Female (youth 18 & under)  
Age group awards  
Random fun prizes

Shirts: NEEDWOOD T-SHIRTS TO ALL REGISTERED RUNNERS

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NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: M F

RACE T-SHIRT SIZE: S M L XL

HOME ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE #: \_\_\_\_\_ E-MAIL: (PRINT) \_\_\_\_\_

MAKE CHECKS PAYABLE TO: EXPRESS RUNNING CLUB

MAIL TO: LEE ZUMBACH, 1019 GRISTMILL CT, KNOXVILLE, MD 21758

WAIVER: \_\_\_\_ Check here if the participant has a known medical condition about which you are aware of. By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation events and the Forest of Needwood Race. Therefore, I hold the board of Frederick County Commissioners of Frederick County Maryland, and their designated agents, and the Brunswick Area Recreation Council, Express Running Club, Frederick Steeplechasers, and St. Mary Church, harmless from all claims for injuries and damages or loss which may result from ym or my child's participation in this event.

ATHLETE'S SIGNATURE: (PARENT IF UNDER 18) \_\_\_\_\_